

## WHAT IS CLAIMED IS :

- 5 1. Nutraceutical or pharmaceutical compositions rich in unsaturated fatty acids, characterized in that they contain free or combined  $\alpha$ -linolenic acid at a concentration ranging from 70 to 90% of the global weight, admixed with fatty acids having five and/or six double-bonds, in the form of capsules, granules, powder on a powdery carrier or of drinkable emulsions.
- 10 2. Nutraceutical or pharmaceutical compositions according to claim 1, in which the  $\alpha$ -linolenic acid is present as the free acid, an  $\alpha$ -linolenic acid salt or an  $\alpha$ -linolenic acid glyceride.
3. Nutraceutical or pharmaceutical compositions according to claim 1 or 2, in which  $\alpha$ -linolenic acid is present as an adsorbate in a cellulose derivative or in a cyclodextrine.
4. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which the fatty acid with five double-bonds is eicosapentaenoic acid.
- 15 5. Nutraceutical or pharmaceutical compositions according to any of claims 1 to 3, in which the fatty acid with six double-bonds is docosahexaenoic acid.
6. Nutraceutical or pharmaceutical compositions according to claim 4, in which the fatty acid with five double-bonds is present as a fish oil, selected among halibut oil, cod liver oil, haddock oil, tuna oil, sardine oil and shark oil.
- 20 7. Nutraceutical or pharmaceutical compositions according to claim 5, in which the six double-bond fatty acid is present as fish oil, selected among tuna oil and sardine oil.
8. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which  $\alpha$ -linolenic acid is present as an oil rich or concentrated in  $\alpha$ -linolenic acid.
- 25 9. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which  $\alpha$ -linolenic acid is present as kiwi seed oil.
10. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which eicosapentaenoic acid constitutes from 10 to 20% of the global weight.
- 30 11. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which docosahexaenoic acid constitutes from 25 to 35% of the global weight.
12. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, which also contains some  $\gamma$ -linolenic acid.
- 35 13. Nutraceutical or pharmaceutical compositions according to any of claims 1 to 12, containing from 800 to 1.000 mg of  $\alpha$ -linolenic acid, from 80 to 120 mg of eicosapentaenoic acid and from 250 to 300 mg of docosahexaenoic acid, in the form of capsules, granules, powder on a powdery carrier or drinkable emulsions.
- 40 14. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in which the excipient or vehicle is a neutral oil, stable towards rancidity, selected among almond oil, peanut oil, cotton seed oil, corn oil, water mixed with polysorbate or a mix water/ethanol mixed with polyethyleneglycol stearate.

15. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, in the form of capsules, granules, powder on a powdery carrier or drinkable emulsions.
16. Nutraceutical or pharmaceutical compositions according to any of the preceding claims, characterized in that they contain about 900 mg of  $\alpha$ -linolenic acid, about 100 mg of eicosapentaenoic acid, about 270 mg of docosahexaenoic acid and about 115 mg of  $\gamma$ -linolenic acid, dispersed in an oil stable towards rancidity.

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